



Are you having a baby? Do you have a child between 0 and 2?

## COME JOIN OUR CLASS!

Thursday, 10AM-12PM  
(At the Fischer Community Center)  
1400 Semmes Street

(PRENATAL CLASS SERIES)

# JANUARY 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10 <i>Having a Good 9 Months; Looking out for your Baby's Health</i>	11	12
13	14	15	16	17 <i>The Big Day: Preparing for Labor and Birth</i>	18	19
20	21	22	23	24 <i>Feeding &amp; Caring for Your Baby!</i>	25	26
27	28	29	30	31 <i>Caring for Yourself; Birth Spacing</i>		

Please note: McGee's participants should be directed to attend classes at the site that is most convenient for them. No classes at HSNO.





Are you having a baby? Do you have a child between 0 and 2?

**COME JOIN OUR CLASS!**


Thursday, **10AM-12PM**  
(At the Fischer Community Center)

1400 Semmes Street

(PARENTING CLASS SERIES)

**FEBRUARY 2013**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7 <i>Keeping you &amp; your Baby Safe; Feeling Sad After Having the Baby/Stress</i>	8	9
10	11	12	13	14 <i>Plan your Meals &amp; Choose Good Foods; Why your Baby needs shots?</i>	15	16
17	18	19	20	21 <i>How to talk and listen to your kids; Relationships; Discipline and Childhood Behaviors</i>	22	23
24	25	26	27	28 <i>Birth Spacing; Safer Sex; Domestic Violence and Abuse</i>		

Please note: Nicole McGee's participants should be directed to attend classes at the site that is most convenient for them. No classes at HSNO.

